

FALL/WINTER PRACTICE SCHEDULES

Sept. 10, 2007 – March 21, 2008

MINIS

Monday and Wednesday 5:00-6:00pm
Friday 4:30-5:30pm
Recommended attendance: 2/week

JUNIORS

Monday & Wednesday 6:00-7:00pm
Friday 5:30-7:00pm
Sunday 6:00-8:00am
Recommended attendance: 3/week

ADVANCED JUNIORS

Monday (DRYLAND) 5:30-6:00pm
Monday 6:00-7:00pm
Wednesday & Friday 5:00-6:30pm
Sunday 6:00-8:00am
Recommended attendance: 3-4/week

SENIORS

Tuesday – Friday 3:30-5:00pm
Recommended attendance: 3/week

ADVANCED SENIORS

Monday – Friday 3:30-5:00pm*
Monday and Wednesday 4:45-6:30am
Saturday 6:00-9:00am
Recommended attendance: 5/week
* Dryland practice required until 5:45pm.

NATIONAL DEVELOPMENT GROUP (NDG)

Monday 4:00-6:00pm
Tuesday & Thursday 5:00-6:30pm
Wednesday 4:45-6:30am
Friday 5:00-7:00pm
Sunday 7:00-9:00am
Minimum practices required: 5/week

NATIONAL TRAINING GROUP (NTG)

Monday 4:00-6:00pm
Tuesday and Thursday 4:30-7:15pm
Friday 5:00-7:00pm
Saturday 6:00-9:00am
Monday, Wednesday & Friday 4:45-6:30am
Minimum practices required: 6-7/week

REGISTRATION INFORMATION

NEWCOMERS' EVALUATION

Newcomers are swimmers who **did not participate** in the RMSC program either Fall/Winter 06/07 or Spring/Summer 07. These swimmers should attend practices with the development group where they feel they should train, based on the group descriptions. New swimmers may take the first week as a trial period before completing registration.

No newcomers may register initially for the NDG, ASG or NTG group. Adjustment for placement in these groups will take place at the end of the first week.

Talk to your coach to have your placement verified. Regular practices begin after the registration form has been completed and fees have been paid.

RETURNING SWIMMERS

A returning swimmer is someone who swam with RMSC last year, either the Fall/Winter 06/07 or Spring/Summer 07 season. All of these swimmers should pre-register for the Fall/Winter 07/08 program. To do this, **COMPLETE THE REGISTRATION FORM**, attach the **FEE PAYMENT** and return before September 1. This may be handled in person at MLK or mailed to:

MCRD-Aquatics
RMSC
4010 Randolph Road
Silver Spring, MD 20902

Do not change your practice group assignment unless instructed to do so by your coach.



FALL/WINTER 2007-2008



**MARTIN LUTHER KING,
JR. SWIM CENTER**
1201 JACKSON ROAD
SILVER SPRING, MD 20904
(301) 989-1206



Sponsored by the Montgomery County
Recreation Department
4010 Randolph Road
Silver Spring, MD 20902-1099
(240) 777-6860

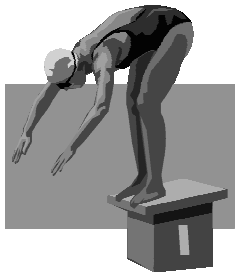
PRACTICE GROUP DESCRIPTIONS

DEVELOPMENTAL GROUPS

MINI: For 8 & Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation for competitive swimming and participation in meets.

JUNIORS: For swimmers ages 9-12 who range from minimal skills in freestyle and backstroke to those who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Competition to enrich developmental skills is highly encouraged and is available on the average of once a month.

SENIORS: For swimmers ages 13-18 who range from first time participants to those who have high school swimming or summer swim team in their background. These swimmers will train primarily for high school competition. Emphasis is on stroke mechanics, conditioning and endurance. Participation in USAS meets is highly encouraged.



ADVANCED GROUPS

Entry by coach's invitation only.

ADVANCED JUNIORS: For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dry land exercises geared toward injury prevention. Three to five practices per week and USAS competition are required for all in this group.

ADVANCED SENIORS: Designed for the high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are expected to participate in dryland training, attend USAS meets and be at practice a minimum of five times per week.

NATIONAL DEVELOPMENT GROUP: For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in meets are required of all in this group. Swimmers in this group must make a minimum of five practices per week.

NATIONAL TRAINING GROUP: For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. A minimum of seven practices per week is required. All participants will be re-evaluated at the end of the session to see if they have maintained the standards of the group.

PROGRAM FEE

Payable to MCRD, by VISA, MASTERCARD, CHECK or CASH (*Credit Card payments must be made in-person at the swim center*)

MINIS	\$745
JUNIORS	\$735
ADVANCED JUNIORS	\$945
SENIORS	\$840
ADVANCED SENIORS	\$1,020
NDG	\$1,000
NTG	\$1,125

Non-County Residents must add \$10 per swimmer.

This payment includes the United States of America Swimming membership fee and all the PVS meet fees for the Fall/Winter season.

To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available.

ALL FEES MUST BE PAID BY THE FIRST DAY OF PRACTICE.

If you have any questions about the RMSC program, please contact Mary Heyns at mlkswim@yahoo.com or call MLK at (301) 989-1206.

Registration Form for RMSC at MLK

Fall/Winter 2007/2008

PAYERS: Last Name _____ First Name _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
 Mother's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____
 Father's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PRACTICE GROUPS, COURSE NUMBERS AND FEES

**REGISTRATION AND
PAYMENT MUST BE
SUBMITTED BEFORE
THE FIRST
PRACTICE.**

MINIS (MIN)	193419	\$745.00	ADVANCED JUNIORS (AJG)	193421	\$945.00
JUNIORS (JR)	193420	\$735.00	ADVANCED SENIORS (ASG)	193423	\$1,020.00
SENIORS (SR)	193422	\$840.00	NDG	193424	\$1,000.00
			NTG	193425	\$1,125.00

Participant's Name (last, first, middle initial)	Date of Birth	Sex	Activity	Location	Course #	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the activity.

Total Amount Due	\$
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Ways to register: ☐ Mail to MCRD-Aquatics, 4010 Randolph Road, Silver Spring, MD 20902 ☐ In person

Withdrawal policy: Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated on the date the request is received. In addition all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit cards, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

☐ Check or Money Order (payable to **MCRD**) Check # _____

***VISA and MasterCard payments must be made in-person at the swim center.
This registration form must be submitted for RMSC registration.***

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____